

April, 2020

Town of Braintree

Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184
Hours: 8:30 AM– 4:30 PM

“Live, Learn, Laugh and Be Happy”

Mayor Charles Kokoros

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

PHONE: 781-848-1963

Michelle Birolini: Volunteer Coordinator

Joseph Conrad: Building Custodian

Frank DeFrancesco: Transportation Services

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on or after, Wednesday April 1 from 9:30 AM

Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.

Thank you for your patience and understanding

All Events and Activities canceled until further notice

Schedule will be updated online at

<https://braintreema.gov/>

Greetings everyone,

Wow! It does not even feel that I was away for almost a month. But I am glad that I have returned at the right time. These are trying times and very different than what we are used to. Hard to believe that what we are experiencing right now, is not from the pages of a fiction book or from a movie screen. This uncharted territory would have made me very anxious, being thousands of miles away and not getting any details and not understanding it's impact on our Senior Center and all of you. As you know by now, all town buildings are closed to the public. If you have any business to conduct with Town Hall, please call the appropriate department. Staff will be there to answer any questions you may have. If you need to pay your bills, for your convenience, a drop box is situated at the parking lot. **Elder Affairs is also closed to public access and we have shut down all our programs and activities for the time being.** This is the only way to stop the spread of this extremely contagious virus. Mayor Kokoros and his team has been working around the clock to keep the residents of Braintree safe. Elder Affairs staff is on duty from 8:30 AM to 4:30 PM, so if you have any questions or concerns, please know we are just a phone call away.

By the time this newsletter reaches you, what I am writing now, may change or will change and I am hoping it will for the better. These are strange times indeed. It makes you think. The world has almost come to a halt. It is not because of a missile strike, riot, mass shooting or a tsunami, it is an organism we cannot see. It does not discriminate, it travels freely through borders and right now it seems unstoppable. But of course, we the humans are unstoppable too and we shall rise and shine. Doctors and Scientists are hard at work finding a cure to bring the spread of virus to a screeching halt. During times like these, we also experience the good in people. It is heart warming to see how many people have reached out to us letting us know that are willing to help in anyway they can.

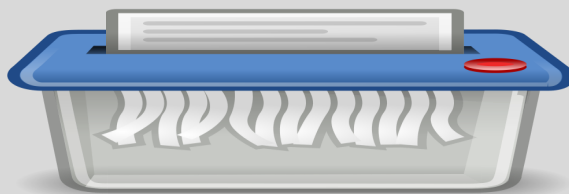
In the meantime, all of you please stay safe. Practice social distancing, which is a hard thing to do for we are all social animals, go out for a stroll if possible, call your family and friends on the phone and soon this will be over. I cannot wait to hear your voice or see your face coming through our door, but when that day arrives, we will all celebrate. **Wishing you peace and good health.....***Sharmila*

Encore Postponed



Stay Home, Stay Healthy
We will celebrate Bigger and Better
when this is all over!

Shredding for Braintree Residents



Where: South Shore Bank
Washington Street, Braintree
Contact: 781-682-3715,
Date: May 9th
Time: 9 to 12,
This Shredding day is open to all Braintree residents.

**Special Activities and Meetings: With the rapid changes all of this is not accurate
Follow Town News for current schedule updates throughout the town and state**

2nd and 4th Monday	Bereavement Support Group	2:00PM
1st Wed& 3rd Wed	Bingo—	1:00 PM
Monday April 6, 20	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	12:00 PM
Every Thursday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub to change	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
TBD	Balance with Bob Cobbett	10:00 AM
TBD	Low Vision	10:00 AM
TBD	Belles and Beaux	1:00 PM
TBD	Library trip	9:30 AM
TBD	AARP Meeting	1:00 PM

RECYCLE

Composting & Climate Change

With the mild winter this year, folks are already thinking about their yards. Composting has become increasingly popular over the past few years. Concern about climate change has also increased. Each of us has the opportunity to make a difference regarding climate change, within our everyday routines by Recycling Right and/or Composting.

Composting is a great way to recycle organic waste into a beneficial soil addition for yards/gardens. Using the Compost helps store carbon in the soil instead of releasing it to the atmosphere. Also, you can reduce your trash substantially by composting yard clippings, leaves, fruit peels, vegetable scraps, tea bags, coffee grounds, egg shells, paper towels, napkins and even paper bags!

Braintree makes composting easy for residents by selling the Earth Machine style composter, (with a capacity of 11 cubic feet or about 4 bags of leaves) at a greatly reduced price of \$25.00 to Braintree residents only at the Ivory Street Recycling Center each Saturday. A bin can be seen at the Farmer's Market where there are periodic demonstrations and drawings for a free bin. Composting brochures are available at the Town Hall brochure rack. For an in-depth video, www.braintreema.gov/recycling and go to Residential Information, then click on videos.



Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, April 2	BHS& Heritage	11:30-12:30
Thursday, April 9	Independence Housing	10:30-11:30
Wed, April 15	Department of Elder Affairs	12:15-1:00
Tuesday, April 21	Roosevelt Housing	12:00-12:30

Will be determined by the Town Nurse

Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM

Return time between: 11:30 AM to 12:00 PM

Tuesday April Stop & Shop

Thursday April Stop & Shop

Tuesday April Roche Bros

Thursday April Shaw's

Tuesday April Shaw's

Thursday April Stop & Shop

Tuesday April Stop & Shop

Thursday April Shaw's

Call for availability and revised schedule

Monthly Movie

Date: TBD

Time: 12:00 NOON

Rating:



- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express

- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles

- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes

- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group

- **TRIAD:** senior safety

- **SHINE:** health insurance counseling; **please call for an appointment**

- **Ask the lawyer:** free consultations; **please call for an appointment**

- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; **please call ahead.**

All programs on hold until further notice



© Nesting Square

FROM THE CHAIRMAN

The weather has been beautiful the last few days and I have been able to get outside and take a few walks. Earlier in March my wife and I were able to go to Florida where we were able to visit a few friends and go to a Red Sox game. It was nice to relax and watch a baseball game; however, the Red Sox didn't look too good. It looks like it might be a long year for the boys of summer.

Unfortunately, our Saint Patrick's Day celebration was cancelled and I was really looking forward to some Corn beef and cabbage and some great Irish music. We hope to celebrate on another day soon. I was also looking forward to seeing our current Mayor Kokoros and possibly our former Mayor Sullivan along with some of our other political friends.

The trip to the Encore Casino in Everett on the 25th had been cancelled due to the Corona virus and we will try to do it another time.

I was also looking forward to the opening day party at the Senior Center but it looks like the Red Sox opener is moving to an undecided date. As soon as we find out we get the word out to you.

As we move into the month of April hopefully things will look better and we will be able to make plans to do some of the events that have been cancelled. In the meantime, enjoy the activities that we do have and more importantly please be careful and take good care of yourself.

On Saturday March 28th we will have an election to approve a Debt Exclusion to build a new South Junior High School. Please join me in voting Yes on this very important project. It not will only help the schools and the children but it will allow us to continue to fix other important Capital projects that need to be completed. Please note that date may be subject to change.

Be Happy and stay Safe.....**Hank**

Alzheimer's Care Givers Support Group

Meeting Date and Time to Be Determined

If you need to speak with some one please call the
Alzheimer's Association or call us at 781-848-1963



MONDAY

TUESDAY

WEDNESDAY

APRIL SHOW

This Calendar is not accurate. Due to the rapid changes and restrictions each day. Please follow Town, State, and Federal updates of the ongoing situation.

1 Happy April Fools Day...

9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker

NO Bingo

BINGO

6

9:30 Current Events
10:30 Chair Yoga
12:00 Qi Gong/Tai Chi
12:00 Pool Players
12:00 Poker
12:00 Trivia

7

Shopping Shuttle: Roche Bros
9:00 S&S Bus (housing)
9:30 Computers: Beginners-Sign Up's Only
10:00 Bob Cobbett Balance Class
10:00 Walking Group
12:00 SHINE insurance help free by appointment
10:00 Rummikub
10:45 Computers: Internet-Sign Up's Only
12:30 Bridge
12:30 Cribbage

8

9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker

13

9:30 Current Events
10:30 Chair Yoga
12:00 Qi Gong/Tai Chi
12:00 Royal Rehab-Fall prevention luncheon
12:00 Pool Players
12:00 Poker
1:00 Belles & Beaux
2:00 Bereavement

14

Shopping Shuttle: Shaw's
9:00 S&S Bus (housing)
9:30 Computers: Beginners
10:00 Walking Group
12:00 SHINE insurance help free by appointment
10:00 Rummikub
10:45 Computers: Intermediate- Sign up only
12:30 Bridge
12:30 Cribbage

15

Shopping Shuttle:
9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker
1:00 Hearing test (by appointment only)
12:15-1:00 Blood Pressure
1:00 NO Bingo

BINGO

**20
Closed**



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21

Shopping Shuttle Stop & Shop
9:00 S&S Bus (housing)
9:30 Computers: Beginners-Sign Up's Only
10:00 Bob Cobbett Balance Class
10:00 Walking Group
12:00 SHINE insurance help free by appointment
10:00 Rummikub
1:00 pm AARP Meeting
1:00 Ask the Lawyer

22

9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker

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9:30 Current Events
10:30 Chair Yoga
12:00 Qi Gong/Tai Chi
12:00 Pool Players
12:00 Poker
12:00 Monthly Luncheon
2:00 Bereavement

28

Shopping Shuttle Roche Bros
9:00 S&S Bus (housing)
9:30 Computers: Beginners-Sign Up's Only
10:00 Walking Group
12:00 SHINE insurance help free by appointment
10:00 Rummikub
5:00 Alzheimer's Support Group

29

9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker

THURSDAY

FRIDAY

WERS...

2

Shopping Shuttle: Stop & Shop
9:30 Mah Jongg
10:00 SHINE insurance help free by appointment
11:00 Chair Yoga
11:30 Quilting Group
1:00 Knit/Crochet

3

9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
11:00 Living your Best Life 6 week program
12:00 Pool Players
12:00 Mixed Poker
12:30 Ask the Lawyer: free by appointment
12:00 Fun Movie Friday

9

Shopping Shuttle: Shaw's
10:00 SHINE insurance help free by appointment
9:30 Mah Jongg
10:00 Photography
11:00 Chair Yoga
11:30 Quilting
1:00 Knit/Crochet

10

Shopping Shuttle:
9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
11:00 Living your Best Life 6 week program
12:00 Pool Players
12:00 Mixed Poker
12:00 Fun Movie Friday

16

Shopping Shuttle: Stop & Shop
9:30 Mah Jongg
10:00 SHINE insurance help free by appointment
10:30 Book Club
11:30 Quilting Group
11:00 Chair Yoga
1:00 Knit/Crochet

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9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
11:00 Living your Best Life 6 week program
12:00 Pool Players
12:00 Mixed Poker
12:00 Fun Movie Friday—"Walk the Line"
12:30—Ask the Lawyer
2:00 Board Meeting

23

Shopping Shuttle: Shaw's
9:30 Mah Jongg
10:00 Photography
10:00 SHINE insurance help free by appointment
11:00 Chair Yoga
11:30 Quilting Group
1:00 Knit/Crochet

24

9:15 Cardio, Strength and Flexibility Class
9:30-11:00
10:00 Weight Loss Group
10:00 Library Trip
11:00 Living your Best Life 6 week program
12:00 Pool Players
12:00 Mixed Poker

30

Shopping Shuttle: Shaw's
9:30 Mah Jongg
10:00 SHINE insurance help free by appointment
11:00 Chair Yoga
11:30 Quilting Group
1:00 Knit/Crochet

Think Positive, Be Well, Take Care



Postponed-Library Program



Date: Last Friday of Every Month

Time: Pick up at home 9:30

Return time: 11:00

(times may vary due to driving time.
Please allow a 15 minute window)

*This is a wonderful opportunity
For non-drivers to get out and enjoy
Thayer Public Library.*

*Please call to sign up. Braintree residents only

Art Class with Barbara



ART CLASS

**POSTPONED UNTIL
FALL**

“Living Your Best Life”

Friday, March 27, to Friday, May 1 from 11 AM to 2 PM



Experience teaches us that we can always plan for something , but no matter how much we plan, there is always a higher force. In this case, it is a microscopic organism. We need to stay away from it in order to keep ourselves safe. I am sure all of you had already figured out that this program will be postponed. This is a very important program and we would never think of cancelling it. We are hoping to have this series in the beginning of May. We shall revisit with our speakers and try to make sure, they will, once again, make a commitment to share their expertise with you.

We have maintained a list of the names of people who had signed up to participate in this program, we will be calling each of you when we have a new start date. Hope all of you can join us.

Thank you for your patience and understanding. Braintree Elder Affairs for ever strives to bring innovative programs and activities for you to enjoy and rejuvenate your mind and we will keep on doing so. As for now, take time for yourself, relax and enjoy this mild winter.

The Council on Aging Associates (The FRIENDS)

The FRIENDS is a registered 501(3C) and is eligible to do fund raising for the benefit of Elder Affairs. They have a large membership and **people who are up to date with their dues, receive a monthly newsletter and are invited to the Annual Luncheon.** The fundraisers have helped enhance many of Elder Affairs projects and programs. The upgraded Commercial Kitchen is a shining example.

Braintree Elder Affairs is always busy with programs and activities. We make it possible through your generous donations, the grants we are awarded and with the help of fundraisers organized by the FRIENDS. Today, the FRIENDS are in need of Volunteers to help continue operating this organization. Please strongly consider joining them and help the organization flourish. They need your energy. Become a friend of the FRIENDS. If interested, please submit your name to Michelle Birolini or Sharmila Biswas

Outreach

PROTECT THE ONES YOU LOVE

Smart911 is a free, new service available in your community to help you when you call 9-1-1. Once you've signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information—including medical issues, current location and even pets—can help Police, Fire and EMS locate and help you.

- A free service—Provided by your community
 - Private and secure—You control your
 - information
- Saves time in an emergency-When seconds count

Smart911.com

Because every second counts. Sign up today

Sock Hop





**No Movies scheduled until further notice
Until then try to enjoy movies at home.**



Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

Place
Stamp
Here

Braintree Dept. of Elder Affairs ~ 2019 Board Members

Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman

Ann Moore, Secretary

Robert Caruso, Treasurer

Lucille Barton

Tim Burke

Leland Dingee

Jane Fogg

Connie Mattina

June Newman

Charitable Giving from Elder Affairs



Knit and Crochet Group at Braintree Elder Affairs

Donate Warm Caps and Mittens

The knit/crochet group at the Council of Aging and the Community Service Committee of the Braintree Women's Club joined their hands and hearts together to provide warm hats and mittens to a local Transition House where foster children find temporary refuge. The Women's Club chose to help these youths by providing items needed when they enter a foster home. The kind and generous women at the Braintree Elder Affairs shared their time, talents and lovingly made over 40 caps and mittens as their contribution. The Braintree Women's Club is so very grateful for their efforts and extends its thanks and the thanks of the youth who will receive the fruit of their work.

The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org
Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have